



Healthy Nashville 2010 Newsletter

Volume 1, Issue 4

December 2003

Need a New Year's Resolution?

Looking for a New Year's Resolution? Nashville's Mayor Bill Purcell has one for you: Get Active. Mayor Purcell announced the 2004 year Healthy Nashville 2010 plans on December 30, 2003 at Centennial Park. Joining the Mayor were members of the Healthy Nashville Leadership Council along with other community representatives.

Mayor Purcell and the Council are asking Nashvillians to measure BMI or Body Mass Index to determine levels of weight: healthy, overweight or obese. A BMI calculator can be accessed through the Internet at www.cdc.com.

The Mayor and Council are also asking Nashvillians to take 2000 additional steps each day. (This equals one mile.) Increasing steps will help people make physical activity a part of their life and help to stem the rising rates of obesity. As the 2000 steps are reached, it is likely that additional steps may be necessary to achieve and maintain an ideal weight. Mayor Purcell urged residents to come out of the house and become more active. Pedometers or step counters can make increasing steps easier and more fun.

Dr. Roy Elam, Healthy Nashville Leadership Council Chair, remarked that obesity and physical inactivity are leading to a significant increase in disability, and even death. He further stated that obesity puts people at greater risk for cardiovascular disease, high blood pressure, diabetes and some cancers.

Mayor Purcell urged Nashvillians to take advantage of the city's walking trails, parks, and greenways. He stated, "When it comes to taking the right steps, let's walk 2000 more in 2004."

Data Watch

The Metro Public Health Department reports that 55% of Nashvillians are overweight as reported in 2001.

1 in 5 Nashvillians is considered to be obese.

DATA WATCH – WHAT IS BMI?

- BMI or Body Mass Index is a term used to define increased body fat.
- Among adults in Nashville, BMI is linked with fat mass.
- In Nashville's Children Overweight is defined as above the 95th percentile (level) on a growth chart.

ADULT OBESITY CRITERIA	
Underweight	BMI less than 18.5
Normal weight	BMI 18.5 to 24.9
Overweight	BMI 25.0 to 29.9
Obese	BMI greater than 30

For more information contact the Healthy Nashville 2010 website:
healthweb.nashville.gov/hn2010 or phone 340-5641.

